

# ABLE Bodies Participant Homework for Session 11

## ***Flexibility***

- Whole-Body Stretch—do some standing and some seated
- Carry the Baby—see description below

## ***Posture and Core Stability***

- The Up and Up—see homework from session 10

## ***Strength for a Purpose***

On 2 days, do each exercise 8 to 12 times, as tolerated.

- Teeter-Totter Chair Stands (one legged if you can)
- Standing Heel Raises
  - Feet in a wide side-by-side stance
  - One foot forward, one foot back, feet shoulder-width apart (offset stance)
- Side Steps Walking—Take big-as-you-can steps to the side, along a handrail

## ***Balance and Mobility***

- Puddle Jumping
- H-Lines

Find a handrail and practice jumping imaginary puddles or standing on an H-Line. Use Belly Steps to take the big step. Use core stability to help come to a stop.

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## **CARRY THE BABY**

### ***The Start***

- Stand beside a sturdy chair. Place left hand on back of chair for balance support.
- Place feet in offset position, left leg forward.
- Place right hand on hip.

### ***The Moves***

- Push the right hip out to the side until a stretch is felt across the right hip.
- When ready, slowly reach up, directly over your head with the right arm.
- Keep reaching up and a little over your head, as comfortable.
- Inhale deeply to increase the stretch.
- Hold this position for 10 to 15 seconds, as tolerated.
- Repeat for the left side of the body.

